

Baked Green Beans

Baked green beans are an easy, no fuss way to fix them without stirring every ten minutes or risk burning them. Green beans can be baked by themselves, or in many casserole formations. French cut green beans are best for boiling, while blue lake, and other sliced varieties are best for baking or grilling. They are easy to grow, pick, wash, slice, freeze, and cook as needed. Some types grow on long, trailing vines. Others grow on waist high bushes. No need to cook before freezing. Two rows will grow a year's worth for two people, plus plenty to share.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring
- Grow as bush beans in a raised garden, or as vine on a trellis

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon
- Butter (lactose)
- Ham
- Pepper
- Pork
- Spices

Meatless Preparation Avoid:

- Bacon
- Butter
- Ham
- Pork
- Substitute with: _____

Utensils:

- Pot holders
- Spoon
- Pan: 1.5 quart with lid

Ingredients:**Meat:****Optional:**

1/4 cup chopped bacon, or
1/4 cup of chopped ham

Vegetables:

15 ounces of green beans (blue lake or sliced work best)

Other ingredients:

1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

From fresh: Pick, wash, and slice 12 ounces of beans. Allow at least 30 minutes preparation before cooking.

1. Add 1.5 quart pan:

15 ounces of green beans
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
Enough water to fully cover the contents
Optional:

1/4 cup chopped bacon, or
1/4 cup of chopped ham

2. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.